



Serves: 4

Hokchew Steamed Fish Fillet in Fermented Bean Sauce

Ingredients

- Fish fillets 300g
- Silken tofu 1 box
- Teochew fermented beans 2 tsp
- Red fermented bean curd ¼ cube
- Ginger, chopped 1
- Shallots, chopped 2
- Mandarin peel, soaked in water overnight and chilled in fridge ¼
- Red chilli, chopped 1
- Sugar 1 tsp
- Spring onion, chopped, for garnish
- Water 4 tbsp

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavor enhancers.
- Beancurd, pulses and lentils, peas and beans are good sources of protein and low in saturated fat.

Method

- Mince mandarin peel and then set aside.
- For seasoning, mix mandarin peel, ginger, shallots, fermented beans and red fermented bean curd in a bowl. Add water and mix.
- Add sugar.
- Place fish fillet on a plate. Add tofu on top. Pour seasoning on top and steam for five minutes. Garnish with spring onions and then serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 124kcal

Protein 15.6g

Total fat (g and % of total calories)
4.6g (32.7%)

Saturated fat 0.4g

Cholesterol 23mg

Carbohydrate 5.5g

Dietary Fibre 1.2g

Sodium 201mg